

UU Plant Based Eating Club (UUPBEC) Lending Library

If you would like to borrow a book, please click on

"UU Plant Based Eating Club Library Request" to send an email (PBEC-Library@fuusn.org). Enter the following info:

- 1) Your full name
- 2) The book(s) you would like
- 3) Your telephone number

Book title	Author	Description (Link to Amazon)	Category
The Engine 2 Seven-Day Rescue Diet	Rip Esselstyn	gine-Seven-Day-Rescue	Cookbook
The Garden of Vegan	Tanya Barnard & Sarah Kramer	https://www.amazon.com	Cookbook
Thug Kitchen	Thug Kitchen	https://www.amazon.com	Cookbook
The China Study	T. Colin Campbell, PhD & Thomas M Campbell II, MD	https://www.amazon.com	Health
Eat More, Weigh Less	Dean Ornish	https://www.amazon.com	Health
The Angelica Home Kitchen	Leslie McEachern	https://www.amazon.com	Cookbook
The Artful Vegan	Eric Tucker & Bruce Enloe	https://www.amazon.com	Cookbook
Food Is Climate: A Response to Al Gore, Bill Gates, Paul Hawken, and the Conventional Narrative on Climate Change	Glen Merzer and Gary Tiedemann	https://www.amazon.com	Climate/Environment
Regenesiis: Feeding the World Without Devouring the Planet	George Monbiot and Penguin Audio	https://www.amazon.com	Cookbook
How Not to Age: The Scientific Approach to Getting Healthier as You Get Older	Michael Greger MD FACLM	https://www.amazon.com	Health
Good Eats: 32 Writers on Eating Ethically	Edited by Jennifer Cognard-Black and Melissa A. Goldthwaite	https://nyupress.org/978	Climate/Environment
Food and Climate Change without the hot air: Change your diet: the easiest way to help save the planet	S L Bridle	https://www.amazon.com	Climate/Environment
The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age	Dean Sherzai and Ayesha Sherzai	https://www.amazon.com	Health
How Not to Die	Michael Greger M.D. FACLM and Gene Stone	amazon.com	Health
Plants for You	Diana Goldman	Book Description	Cookbook

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When we receive your email request, we will send you an email with the pickup location and the date until which it will be held. The lending period is 3 weeks with two automatic renewals (unless someone else has requested the book.) Once you are done, you may return it to the pickup location.

[Questions? Email <PBEC-Library@fuusn.org>](mailto:PBEC-Library@fuusn.org)